

LYNN COUNCIL ON AGING SENIOR CENTER



**August
2014**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Ever wonder if there's something you may not have known? Actually in all honesty if you already don't know it, you don't know you don't know it. So, don't sweat it. Here are some funnies you can wonder about... What is a free gift? Are all gifts free? Why doesn't glue stick inside the bottles? Why do banks charge insufficient funds fees if they already know you don't have any money? If Barbie is so popular, why do you have to buy her friends? How does the guy who drives the snowplow get to work? How did a fool and his money get together? How do you know when it's time to tune your bagpipes? Why in a country of free speech, are there phone bills? What would happen if there were no hypothetical questions? Whenever I think of the past, it brings back so many memories!

~Stacey Minchello~

From Your Mayor

What a wonderful summer we have had so far. As we look ahead to Labor Day, there are still many more warm days to enjoy. I invite you to join us for the remaining performances of the summer concert series at Red Rock Park on Aug. 7, 14 and 21. Performances include Classmates on Aug. 7, White Lightnin' on Aug. 14 and 12:01 Blues Band on Aug. 21. All concerts are from 6 to 8 p.m. and admission is free.

Bring your lawn chairs or blankets out to High Rock Tower Park for one of the remaining performances of Shakespeare's "Henry V." Shows are Saturdays and Sundays at 1 p.m. and 4 p.m. through Aug. 10. Call 781-205-4010 for ticket information.


At the Lynn Auditorium this month, KC and The Sunshine Band will perform on Aug. 15, and 38 Special and Night Ranger will perform Aug. 21. For tickets, please visit www.lynnauditorium.com or call the box office at 781-581-2971.

Summer is a perfect opportunity for healthy eating and we are lucky enough to have full access to fresh fruits and vegetables every week in Downtown Lynn. I urge you to visit the Central Square Farmers' Market, which is open every Thursday through October from 11 a.m. to 3 p.m. on the corner of Union Street and Exchange Street. Also mark your calendars for a food and fitness expo on Monday, Sept. 1.

Enjoy this wonderful time of year,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets 4th
Wednesday
monthly at
1:30 p.m.

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Meets last
Thursday
monthly at 10 am

T.O.P.S.

Take Off Pounds Sensibly Supportive weight loss group

Meets here every Thursday 10 a.m.

\$29.50 fee annually (pay online)

Check it out, see if it's for you!

AUGUST HAPPENINGS

**Trip sign-ups begin, Thursday, July 31st*

Fri, Aug 1	Field Trip: Isabella Stuart Gardner Museum	10:00 a.m. – 2:30 p.m.
Mon, Aug 4	Ford School Garden Party - lunch included	10:30 am
Tues, Aug 5	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
Weds, Aug 6	FOOD STAMPS OFFICE HOURS	9:00 a.m. – 12:00 p.m.
Weds, Aug 6	Lunch Trip: Seaport Grille- Gloucester \$2 <i>New passengers please</i>	10:30 a.m. – 2:30 p.m.
Fri, Aug 8	Field Trip: Wenham Museum \$2	9:30 a.m. – 1:30 p.m.
Mon, Aug 11	Lunch trip: Spuds Saugus \$2	11:00 a.m. – 2:00 p.m.
Tues, Aug 12	Blood Sugar <u>AND</u> Blood Pressure Clinic	8:00 a.m. – 9:30 a.m.
Weds, Aug 13	Field Trip: Fuddruckers Saugus \$2	11 am – 2pm
Thurs, Aug 14	Card Games- Hearts, Whist, Phase 10- just show up!	12 noon
Fri, Aug 15	BROWN BAG: BOSTON FOOD BANK	10:00 a.m. – 12:00 p.m.
Tue, Aug 19	FOXWOODS CASINO \$27	7am- 6:30 pm
Mon, Aug 18	Ford School / Castle Island Trip	10:00 a.m.
Mon, Aug 18	Women's Group Meeting	10 am – 11 am
Thur, Aug 21	Podiatrist Appointments	10 am - 12 pm
Mon, Aug 25	Dairy Queen - Beverly	11:00 a.m.
Tues, Aug 26	Hearing Clinic Appointments	9:00 a.m. – 10:00 a.m.
Weds, Aug 27	Field Trip: Butterfly Farm & Kimball Farms \$10	8:30 a.m. – 3:00 p.m.
Thurs, Aug 28	FRIENDS OF LCOA meeting ☺	10 a.m.
Thur, Aug 28	Big Kahuna Luau Party Contests and prizes!	11:30 a.m.

Looking ahead:

September 3rd PENNY SALE 11:30 am – 12:30 pm

The Friends are accepting donations of new items, small gifts and gift certificates.

September 11th Gloucester Lunch Boat Cruise

September 22nd Bingo Bonanza! Special games- larger prizes!

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AUGUST 2014

MONDAY	Tuesday	Wednesday	Thursday	Friday
ALL MEALS SERVED W/ BREAD AND 1% MILK 	MENU SUBJECT TO CHANGE WITHOUT NOTICE	Requested Donation is \$2.00 per meal		1 BBQ pork Rice and Beans Spinach WW bread Freshfruit ALTERNATIVE WW cheese pizza
4 Chicken and broccoli Alfredo / Ziti Carrots Italian bread Chilled pineapple ALTERNATIVE Arroz con camarones	5 Roast beef/gravy Rice and beans Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Southern style cod filet	6 Braised chicken/jicama lime / Plantains Cauliflower/red pepper WW bread Brownie ALTERNATIVE Meatballs/pasta/marinara sauce	7 Cumin roasted pork Chipotle sweet potatoes Garden salad/dressing WW bread Pudding ALTERNATIVE Turkey chili	8 American chop suey Green beans WW bread Fresh fruit ALTERNATIVE Tripe stew
11 Boneless pork chops/ gravy Garlic mashed potatoes Collard greens WW bread Strawberry cup ALTERNATIVE Veggie burger/roll	12 Macaroni & cheese Garden salad/dressing WW bread Cookie ALTERNATIVE Chicken teriyaki/stir fry veg.	13 Salmon/dill sauce Red potatoes Green peas Muffin Fresh fruit ALTERNATIVE Turkey/creole sauce	14 Pasta fagioli soup Egg salad/bulkie roll Lettuce/tomato slices Pudding ALTERNATIVE Soup,tuna salad/ roll	15 Turkey milanese Vegetable rice pilaf Carrots Rye bread Fresh fruit ALTERNATIVE Stewed goat
18 Cheese lasagna/tomato sauce Spinach WW bread Pudding ALTERNATIVE Creole baked fish	19 Roast pork/gravy Yellow rice Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Baked tomato chili chicken	20 Crispy baked fish Candied yams Green beans WW bread Fresh fruit ALTERNATIVE Curried beef	21 SPECIAL Bbq chicken Garlic mashed potato Buttered corn Cornbread Chocolate chip cookie	22 Beef stew Beets WW bread Fresh fruit ALTERNATIVE Caribbean chicken
25 Roast turkey florentine Sour dill potatoes California blend veg. WW bread Pudding ALTERNATIVE Veggie burger/roll	26 Cheese tortellini/ meatsauce Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Tilapia/tomatilla cilantro	27 Latin style pork/gravy Sweet potatoes Capri blend veg. Rye bread Cake ALTERNATIVE Eggplant parm/tomato sauce	28 Baked pineapple chicken White rice Broccoli WW bread Fresh fruit	29 Salmon/dill sauce Red potatoes Green peas WW bread Fresh fruit ALTERNATIVE WW cheese pizza

SENIOR CENTER ACTIVITIES • AUGUST 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	12:00-1:30 DANCE PARTY	11:15-12:15 COMPUTER CLASS #2
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	12:30-2:30 CRIBBAGE	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO
	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER		
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			


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ADAPTIVE

CASINO TRIPS

Departs from Lynn
Senior Center

Foxwoods \$27

7 am - 6:30 pm

Tuesdays: Aug. 19, Sept. 16,
Oct. 21 & Nov. 18



Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip.
Sign up in person at the senior center. OR
Mail in your registration and check.

Bonus package:

*\$10 food coupon for retail food vendors
or free buffet*

*Plus \$10 bonus slot play added to your
rewards card on the bus before entering casino.
Remember to bring your rewards card!*



Casino Trips from Revere

Mohegan Sun \$25 *plus tip*

10:00 a.m. - 6:30 p.m.

Aug. 5 & 19; Sept. 2, 16
& 30; Oct. 14 & 28;

Nov. 11 & 25;
Dec. 9 & 23

Twin River \$25 *plus tip*

10:00 a.m. - 6:30 p.m.

Aug. 14 & 28;
Sept. 11 & 25;
Oct. 9 & 23; Nov.
6 & 20; Dec. 4 & 18

Casino Trips from **REVERE!**

Now Express!! Straight run - no stops!
Call Elaine at 781-289-6144
for reservation, questions, and
pick up location/parking.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Aug. 6	Apollo 13	1995	PG	140 min
Aug. 13	Philomena	2013	PG-13	95 min
Aug. 20	Frozen	2013	PG	102 min
Aug. 27	42	2013	PG-13	128 min



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



COMPUTER CLASS NOTICE



Classes are limited to **6** students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Fridays**. Each series is **five weeks** long and costs **\$60**. Pre-paid registrations hold your seat. Either sign up in person

at the center or mail your check to:

LCOA, 8 Silsbee Street, Lynn, MA 01901.

Expect a phone call confirming your registration.

Questions?? Call Mayra 781-586-8546

COMPUTER CLASS DESCRIPTIONS:

Introduction to Computers & Windows 7, Class #1

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing.

10:00 a.m. – 11:00 a.m.

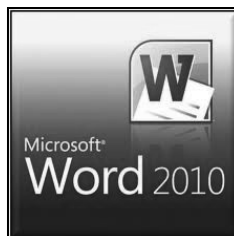
Next class: October 3rd, 10th, 17th, 24th & 31st

Introduction to Computers & Windows 7, Class #2

This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth.

11:15 a.m. – 12:15 p.m.

Next class: October 3rd, 10th, 17th, 24th & 31st





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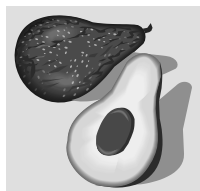
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Place Your Ad

Wellness Watch August 2014

12 Great Ways to Use... Avocados



Avocados head the list of healthy fruits, although they're often categorized as a vegetable since they taste so great in salads. Smooth, buttery, and needing nothing but a quick "nick and peel" to eat as a healthy snack, they contain "good" fats, are linked to reduced risk of chronic diseases, and rank as one of the "super foods" of the Mediterranean Diet. Since they're typically eaten fresh, their important nutrients aren't lost in processing or heating. Here are twelve delicious ways to enjoy their creamy flavor and lovely color.

1. Mash half an avocado with a fork and spread it on whole-grain bread or toast for a quick, nourishing breakfast.
2. Add diced avocado to eggs or omelets before cooking.
3. Top baked potatoes with avocado butter, made by mashing a ripe avocado with one tablespoon of lemon or lime juice, salt, and pepper.
4. Garnish vegetable, fruit, and whole grain salads with diced avocado, and then toss gently to mix.
5. Stuff avocado halves with brown rice and olives and garnish with a sprinkling of bleu cheese.
6. Top whole grain crackers with thin slices of avocado and smoked salmon to create a delicious party appetizer.
7. Combine avocados with berries, apples, and mango chunks for a tasty fruit salad.
8. Make a creamy potato salad with chopped avocados, boiled new potatoes, and diced celery, and moisten with a sprinkling of lemon juice, wine, and olive oil.
9. Create a deliciously different salsa by combining diced avocado, chopped tomatoes, corn kernels, chopped cilantro, pepper, and cayenne.
10. Add diced avocado, diced bell pepper, and sliced scallions to cooked pasta, and dress with a mixture of extra-virgin olive oil, vinegar, and mustard for a tasty pasta salad.
11. Put sliced avocado in wraps and sandwiches.
12. Substitute avocado for another fruit in any sorbet recipe and include lemon or lime juice to bring out its flavor.

Learn more about the Mediterranean Diet and healthy food choices at www.oldwayspt.org.

Vitamins and Minerals

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 Y P M L D D I I C M L T S Y O C I N A H N M L D
 P E D Y M R K - U R F R O H R C L P C P I M O Y
 B R M H X R A V Y M B L C T A K Q R I O A K H L
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 R P N T E Q N L R R T R O L T A Q R R P I J V E
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 K L M U I S S A T O P B M T P N J J S T B L F N
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DEPART THE LYNN SENIOR CENTER AT 9:30 AM

APPROXIMATE RETURN TIME TO THE CENTER IS 3:30 PM

******(HANDICAP ACCESSIBLE FIRST FLOOR DECK)******

**PAID RESERVATIONS ACCEPTED AT THE LYNN SENIOR CENTER ASK FOR ROSA OR KRISTI
WE NEED AT LEAST 20 COMMITTED BY AUGUST 22ND TO RUN THIS
TRIP.**



Medicare's Open Enrollment

Medicare's Open Enrollment is October 15 – December 7.

Make an appointment with a SHINE counselor now!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to read and save this information because it explains the changes in your plan for 2015.

During Medicare's Open Enrollment, you will have a chance to change your plan for next year. SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Appointments are limited so make your appointment soon.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact Kristi or Carol at 781-599-0110. You may also call the Regional SHINE office at

Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~Dr. Harvey Berger

Thank you for your donation

~Sophie Karampoulis

In loving memory of my brother

on his birthday, Arthur Warren

~Ethel Forse

In loving memory of my parents,

Elizabeth M. Salkins & Earl W. Salkins

~their son, Arthur Salkins

Thank you for your donation

~Robert Bowe

DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGGLASS CLINIC

August 5th

10:00 am—11:00 am

By: Mr. Specs



BLOOD SUGAR & BLOOD PRESSURE

August 12th

8:00 am—9:30 am

note time change

Nurse available for any health questions.



HEARING CLINIC

August 26th

9:00 am—11:00 am



PODIATRIST

August 21st

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card



MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

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